

生發洛家

Frank
Fat's

806 L STREET SACRAMENTO



Welcome to Frank Fat's.
At the same location for
more than thirty years,
I am happy to say that
Frank Fat's has become
Sacramento's favorite meeting
place for friends and families
who enjoy very fine food.
We are proud of our menu.
It has a large variety of
dishes, but please remember
that my staff is always
at your service to help you
plan your own favorite
dishes to enjoy at lunch or dinner.
Again, my hearty greetings to you all,



OUR CANTONESE DINNERS

FAMILY STYLE

FRANK'S SPECIAL CHINESE DINNER

DINNER FOR TWO: Soup Du Jour, Appetizer, Barbecued Spare Ribs, Fried Prawns,
Frank's Brandy Fried Chicken, Diced Chicken with Almond, Fried Wonton with
Sweet and Sour Sauce, Fried Rice
DINNER FOR THREE: Add Choice Canton Chow Mein
DINNER FOR FOUR: Add Chinese Sugar Peas with Beef
— Chinese Cookies and Tea — Per Person \$4.95

FRANK'S DELUXE DINNER for TWO or more

Soup Du Jour, Appetizer, Egg Rolls or Yu Kwok and Barbecued Spare Ribs,
Paper Wrapped Chicken, Mandarin Duck, Cashew Ha Ding, Young Chew Fried Rice,
Beef Ala Canton Dessert — Chop Suey Sundae and Tea

Per Person \$5.95

FRANK'S IMPERIAL DINNER for FOUR only

APPETIZERS: Yu Kwok, Barbecued Spare Ribs, Paper Wrapped Chicken,
Chinese Vegetables, Soup

Per Person \$7.50

ENTREES

NEW YORK STEAK

Frank's Style

CHICKEN

Sauteed with Black Mushrooms and
Oyster Sauce

LAI CHEE PORK

Sauteed with Lai Chee Nuts,
Sweet and Sour Sauce

CHOW LUNG HAI KOW

Filet of Lobster Sautéed with Mushrooms,
Bamboo Shoots, Water Chestnuts and
Chinese Vegetables

CHOW MEIN YOUNG

Toss cooked Garden Vegetables and Black
Mushrooms with Thin Sliced Marinated Beef,
Topped with Crisp Vermicelli

DESSERTS

COOKIES and CHOP SUEY SUNDAE IMPORTED CHINESE TEA

INDIVIDUAL PLATES

FRANK'S COMBINATION PLATES \$2.75

Fried Prawns, Sweet and Sour Spare Ribs, Almond Chow Yuke, Fried Rice

FRANK'S DELUXE COMBINATION PLATES \$3.75

Same as above with Frank's Brandy Fried Chicken Added

AMERICAN DINNER

SOUP Beef Broth Jardiniere or Egg Flower
Boston Clam Chowder (Friday only)

SALAD

Tossed Green (Choice Dressing)

ENTREES

CHOPPED TENDERLOIN STEAK
(Onion and Oyster Sauce, Oriental) 4.25
BRANDY FRIED CHICKEN, Frank's Original 4.25
Calf's Liver, Strip of Bacon 4.25
GRILLED PORK CHOPS, Pineapple 4.25
BARBECUED SPARE RIBS 4.25
BREADED VEAL OUTLETS, Country Gravy 4.25
GOLDEN FRIED GULF PRAWNS 4.25
PAN FRIED CHICKEN ALA CANTON, Shrimp Chips 4.50
DINNER NEW YORK STEAK, Sautéed Mushrooms 5.50
ABALONE STEAK with Lemon Butter 6.25
BAKED LOBSTER TAIL, flavored with Frank's Fruit Sauce
and Wine 9.25

VEGETABLES

Au Gratin Potatoes or French Fries

DRINKS

Coffee Tea

DESSERTS

Custard Pudding, Jello, Ice Cream or Sherbet

TRY OUR FAMOUS HOME MADE PIE

Banana Cream or Chocolate Cream .60

Chop Suey Sundae .95

GOURMET'S DELIGHT DINNER

"THE ROYAL PAIR", HALF LOBSTER & HALF TOP SIRLOIN STEAK 9.25

BARBECUED YOUNG SQUAB with Spiced Salt 5.75

Dinner includes Soup, Tossed Green Salad, Dessert, Tea or Coffee
Especially prepared from Frank Fat's Own Recipes—Deliciously Different!!!

STEAKS

(Well Aged and Cut to Order)

NEW YORK STEAK, (Frank's Style) 8.75
smothered with Onions and Oyster Sauce
Try It — You'll Like It

NEW YORK CUT STEAK 7.75
PETITE NEW YORK STEAK 5.75
FILET MIGNON 8.25
PETITE FILET MIGNON 6.50
RIB STEAK 5.75
T-BONE STEAK 8.50
PORTERHOUSE STEAK 8.95
TOP SIRLOIN STEAK 5.50
CHOPPED TENDERLOIN STEAK, Frank's Style 4.85

Bread, Butter and French Fried Potatoes served with Ala Carte Orders
Dinner (75¢ extra) includes Soup, Tossed Green Salad, Potato, Vegetables,
Coffee and Dessert

In Season

FRESH CLAMS

Specially Prepared from Frank Fat's
Own Recipe... Deliciously Different!

\$4.25

In Season

FRESH

STRAWBERRY PIE

Topped with Whipped Cream

75¢

APPETIZERS

FRANK'S APPETIZER PLATE	3.95
<small>Yu Kwok, Barbecued Pork, Fried Prawns</small>	
BARBECUED SPARE RIBS (4)	2.40
BARBECUED PORK	2.50
FRIED TINY CHICKEN WINGS OR DRUM STICKS	2.50
FRENCH FRIED SPARE RIBS	3.00
<small>Half Serving</small>	
YU KWOK	1.25 2.50
PAPER WRAPPED CHICKEN	1.25 2.50
FRIED PRAWNS	1.25 2.50
EGG ROLL	1.25 2.50
FRIED WON TON90 1.75

SOUPS

SOUP OF THE DAY35
EGG FLOWER35
WON TON75
MOY YUK, VEGETABLES WITH PORK, EGGS	1.85

SEA FOOD & VEGETABLES

PEA PODS WITH PRAWNS	3.50
SHRIMP ALMOND	3.50
<small>Diced Shrimp, Almond and Vegetables</small>	
PAN FRIED PRAWNS (in shell)	3.50
PRAWNS WITH TOMATO SAUCE	3.50
PRAWNS WITH CURRY SAUCE	3.75
PRAWNS WITH LOBSTER SAUCE	3.75
ASPARAGUS WITH PRAWNS (in season)	3.75
CASHEW HA DING	3.75
<small>Diced Prawns, Cashew Nuts and Vegetables</small>	
LOBSTER ALA CANTON	6.95
<small>Fresh Unjointed Lobster Tail with Minced Pork Tenderloin, seasoned with Black Bean and Garlic Sauce</small>	
CHOW LUNG HA KOW	6.95
<small>Lobster Fillet with Bamboo Shoots, Mushrooms, Water Chestnuts and Vegetables</small>	

EGG DISHES

PORK EGG FOO YOUNG	1.95
CHICKEN EGG FOO YOUNG	2.25
SHRIMP OR CRAB FOO YOUNG	2.50
CHAR SHIU DON	3.50
<small>Chinese Scrambled Eggs with Diced Barbeque Pork, Water Chestnuts, Mushrooms</small>	
PRAWNS CHOW DON	3.75

CHOW MEIN

(Choice of Crisp or Pan Fried Noodles)

PORK CHOW MEIN	1.95
ALMOND PORK CHOW MEIN	1.95
BEEF CHOW MEIN	2.75
BONELESS CHICKEN CHOW MEIN	2.75
CRAB MEAT CHOW MEIN	2.95
SHRIMP CHOW MEIN	2.95
CHOW MEIN, CHINESE STYLE	2.75
BEEF TOMATO CHOW MEIN, CHINESE STYLE	2.95
ALMOND CHICKEN CHOW MEIN	3.00
FRANK FAT'S SANG GAI SHEE CHOW MEIN	3.20
<small>Something different and delicious (in season)</small>	
CHOW MEIN YOUNG	3.00
<small>Fine Rice Noodles</small>	

MEAT DISHES

GINGER BEEF WITH OYSTER SAUCE	4.50
PEPPER STEAK OR ASPARAGUS STEAK	5.20
BEEF ALA FRANK'S	5.20
STEAK KEW	5.75
<small>Seasoned with Oyster Sauce, Mushrooms, Bamboo Shoots</small>	
TOP SIRLOIN, FRANK'S STYLE	6.25
BLACK MUSHROOM STEAK KEW	6.45
NEW YORK STEAK, FRANK'S STYLE	8.75
<small>Sliced Tender Steak seasoned with Oyster Sauce and Onion</small>	

MEATS & VEGETABLES

ALMOND CHOW YUKE	1.90
PEA POD CHOW YUKE	2.75
CHINESE MIXED GREEN CHOW YUKE	2.75
SHEW CHOW	2.75
<small>Sautéed Bean Sprouts, Ginger and Barbecued Pork</small>	
WATER CHESTNUT CHOW YUKE	2.95
BEEF AND TOMATO CHOW YUKE	2.95
PEA PODS WITH BARBECUED PORK	3.50
PEA PODS WITH BEEF	3.50
CHINESE BLACK MUSHROOM CHOW YUKE	3.50
ASPARAGUS BEEF CHOW YUKE	3.50
<small>(In season)</small>	

SWEET & SOUR

PINEAPPLE SWEET AND SOUR SPARE RIBS	2.95
PINEAPPLE BONELESS PORK	3.50
PINEAPPLE PRAWNS	3.50
PINEAPPLE BARBECUED PORK	3.50
PINEAPPLE CHICKEN	3.50
PINEAPPLE LAI CHEE PORK	3.75
PINEAPPLE LAI CHEE CHICKEN	3.75
<small>(Chicken Fillets with Lai Chee Nut)</small>	
PINEAPPLE CHICKEN LUMPSTICK	3.75
<small>(Chicken Wings with Pineapple and Sweet and Sour Sauce)</small>	

POULTRY & VEGETABLES

CHICKEN ALMOND	3.50
<small>Diced Chicken with Variety of Vegetables</small>	
CHICKEN WITH PEA PODS	3.50
<small>Fillet of Chicken with Bamboo Shoots, Mushrooms, Water Chestnuts, Sweet Peas</small>	
CHICKEN WITH ASPARAGUS	3.50
CHICKEN CASHEW	3.50
<small>Fillet of Chicken sautéed with variety of Vegetables and Cashew Nuts</small>	
CHICKEN WITH WHITE MUSHROOMS	4.50
CHICKEN WITH BLACK MUSHROOMS AND OYSTER SAUCE	6.25

POULTRY

FRANK'S BRANDY FRIED CHICKEN	2.95
<small>Flavored with Ginger, Garlic, Brandy</small>	
MANDARIN DUCK	2.95
<small>Braised with Sweet and Sour Sauce, topped with Diced Almonds</small>	
PAN FRIED CHICKEN	3.75
<small>Cantonese Style</small>	
HONEY CURED SQUAB	5.20
<small>Deep Fried with Honey and Spiced Salt</small>	

COCKTAILS

SHRIMP COCKTAIL	1.90
CRAB MEAT COCKTAIL	2.25
TOMATO JUICE, GLASS50

SALADS

SHRIMP LOUIE	3.25
CRAB MEAT LOUIE	3.25
SLICED TOMATO90
HEAD LETTUCE90
HEAD LETTUCE, TOMATO	1.50
TOSSED GREEN SALAD90

POTATOES

FRENCH FRIED75
SHOESTRING75
COTTAGE FRIED	1.00

EGGS (Any Style)

HAM OR BACON AND EGGS	2.25
HAM & EGGS, COUNTRY STYLE	2.25
CRAB MEAT OMELETTE	2.95
CHEESE OMELETTE	1.95

RICE

CHINESE STEAM RICE40
PORK FRIED RICE (1/2 .70¢)	1.40
CHICKEN FRIED RICE	1.50
CRAB OR SHRIMP FRIED RICE	2.15
YOUNG SHEW FRIED RICE	2.35
<small>Diced Chinese Sausage, Pork, Shrimp and Lettuce</small>	
PAWNS FRIED RICE	2.85
OYSTER BEEF RICE, IN CASSEROLE	2.95
GAI KOW FUNN, IN CASSEROLE	2.95

NOODLES and WONTON

CHICKEN NOODLES	1.65
BARBECUED PORK NOODLES	1.65
BARBECUED PORK WON TON	1.90
FRIED WON TON	1.90
YOUNG CHEW WOR WON TON	2.85
<small>Mixed with Variety of Vegetables and Meat</small>	
YOUNG CHEW WOR MEIN	2.85
<small>Noodle Soup with variety of Vegetables and Meat</small>	
OYSTER SAUCE NOODLES WITH BEEF, SHRIMP OR BARBECUED PORK	3.15
GAI KOW MEIN	3.75
<small>Chicken Noodles and Black Mushrooms and variety of Vegetables</small>	

POULTRY

FRANK'S SPECIAL FRIED CHICKEN WITH POTATO	3.50
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SANDWICHES

HAM OR BACON AND EGG	1.75
STEAK WITH FRENCH FRIES	2.95
HAMBURGER	1.40
BARBECUED PORK	1.50
CLUB HOUSE	1.85
FRIED OR BOILED HAM	1.40
CHICKEN	1.40
BACON AND TOMATO	1.40

DESSERTS

HOMEMADE PIE60
PIE ALA MODE95
CUSTARD40
JELLO30
ICE CREAM OR SHERBET35
CHOP SUEY SUNDAY95
CHILLED LICHEES75
ASSORTED CHINESE COOKIES50

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